

# Eggplant lentil curry

The smell in your kitchen from this aromatic recipe will be enough to have the neighbours running over for dinner!



Vegetarian



Freezer-friendly



PREP TIME  
15 min



COOK TIME  
20 min



SERVINGS  
4

## Ingredients

- 10 mL (2 tsp) canola oil
- 1 onion, chopped
- 3 cloves garlic, minced
- 15 mL (1 tbsp) fresh ginger, minced
- 1 small eggplant, chopped
- 15 mL (1 tbsp) curry powder
- 2 mL (½ tsp) cumin seeds
- 375 mL (1½ cups) low sodium vegetable broth
- 540 mL (19 oz) no salt added lentils, drained and rinsed
- 1 tomato, diced
- 125 mL (½ cup) fresh cilantro leaves, chopped

## Directions

1. In a saucepan, heat oil over medium heat and cook onion, garlic and ginger for 3 minutes or until softened.
2. Stir in eggplant, curry powder and cumin, sauté for 1 minute.
3. Add broth, lentils and tomato; bring to a simmer.
4. Cook, stirring occasionally about 15 minutes or until eggplant is very tender. Stir in cilantro to serve.

## Tips

- ✓ Look for **firm Asian eggplant** for best flavour and texture.
- ✓ **Like it spicy?** Use a medium or hot curry paste or powder.
- ✓ Want **leftovers** for lunches? Double the recipe and refrigerate for up to 2–3 days or freeze for up to 2 weeks.

Recipe developed by Emily Richards, P.H. EC for the Heart and Stroke Foundation.  
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